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SEVEN DEAD AT WIS. TEMPLE {page 05}

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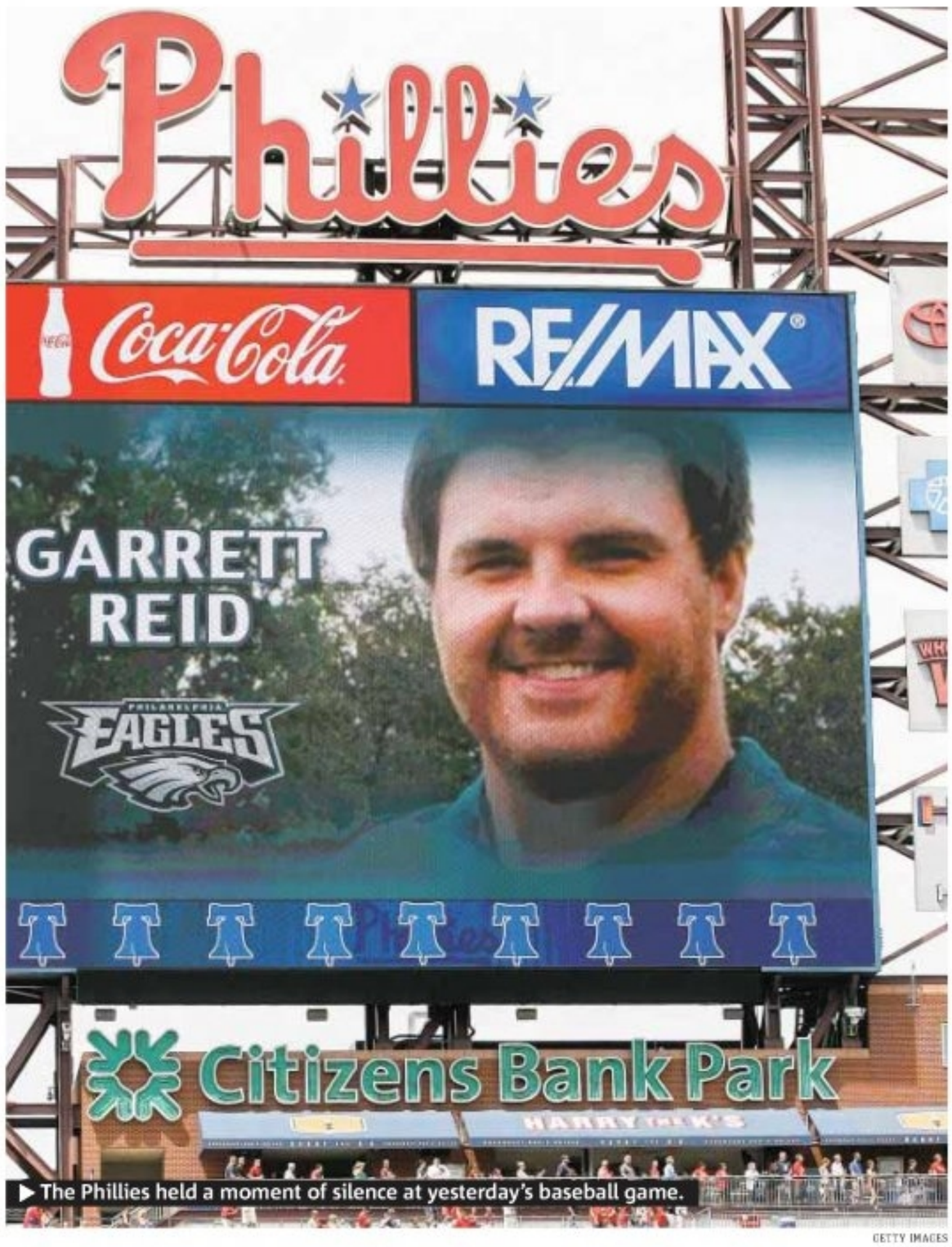


▶ The Phillies held a moment of silence at yesterday's baseball game.

GETTY IMAGES

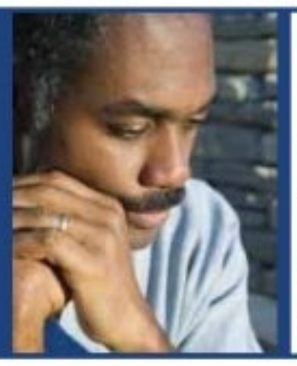
Troubled son of Andy Reid found dead at Eagles camp

◗ Coach left to mourn loss of oldest child ◗ Garrett Reid, 29, was at Lehigh assisting conditioning coach ◗ No cause of death yet ◗ Funeral is tomorrow {pages 03, 17}

sports

Usain Bolt still world's fastest man

◗ Jamaican defends gold in Olympic-record time ◗ US takes positions third through fifth in 100m {page 18}



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In the news

Paterno family to appeal NCAA

The Paterno family told the NCAA that it will appeal sanctions imposed upon Pennsylvania State University for the school's handling of child sex-abuse allegations against former assistant football coach Jerry Sandusky. Paterno family lawyer Wick Sollers said in a letter that the family is requesting an in-person hearing.

Today's local tweet

"...There is this thing called the CONSTITUTION and our forefathers would be turning in their graves if they knew what you are trying to do! Go ahead and try to stop us from Voicing ourselves!!!! I dare you!!!"

TWEETS FROM FIREFIGHTERS AND PARAMEDICS UNION LOCAL 22, @IAFF22, IN RESPONSE TO A SOCIAL MEDIA CRACKDOWN BANNING FIREFIGHTERS FROM PUBLICLY DISCUSSING THE DEPARTMENT

One person murdered, five shot in city violence

PHILADELPHIA. One person was killed and five others were injured in weekend violence.

Rhonda Williams, 46, of the 1900 block of Brunner Street in Nicetown, was shot and killed around 2:30 a.m. Friday morning in an alley near her residence. Also Friday morning, a woman, 66, suffered facial fractures after she was severely beaten during a robbery on the 5700 block of Cherry Street.

A man, 18, was stabbed multiple times at 52nd and Race streets around 1:15 a.m. Saturday morning and a second man, also 18, was shot in the chest about two hours later on 23rd and Diamond streets in North Philadelphia. A man, 42, was shot multiple times on the 4100 block of Parkside Avenue shortly before 10 p.m. Saturday night. In Feltonville, a man, 47, was shot inside his car near the 4200 block of North Bodine Street early Sunday morning. All four victims are in critical condition. METRO

Feds warn Comcast, Verizon over airwave deal

PHILADELPHIA. U.S. regulators want Verizon Wireless and Comcast to limit their cooperation as a condition of letting the largest U.S. mobile provider buy airwaves from cable companies, three people with knowledge of the negotiations said.

Federal officials are seeking to limit the time that Verizon and the cable companies could jointly develop new products and services and withhold them from competitors, the people said. BLOOMBERG

$3.6B

Sales price Verizon Wireless is willing to pay cable companies like Comcast for unused cable frequencies

Metro interview

"I know District Council 33 and 47 both have taken the initiative to streamline their operations to help save money — and instead of getting an 'attaboy' for that, they get bashed over the head."

GILLESPIE, ON THE CONTRACT DISPUTES BETWEEN THE CITY AND MUNICIPAL UNIONS

REKARD LABMA/METRO

▶ Gillespie, speaking, said Mayor NUtter's job is so tough that he "wouldn't run mayor."

PAT GILLESPIE
UNION LEADER ON THE 'MONIED OF THE WORLD'

Organizers will today announce more details of next Monday's "Workers Stand for America" march and rally on the Benjamin Franklin Parkway, during which organized labor and elected officials will reach across bipartisan lines to unite the country's middle class.

"I think the mission is to, number one, lift up the people who work for wages in this country," said Philadelphia's Building and Construction Trades Council Business Manager Pat Gillespie. "They've been historically abused and taken advantage of and continually vote against their own self-interests."

He said, from his perspective, many wage workers have been manipulated by "the monied of the world" to push for agendas benefiting the wealthy. "They say things like, 'We want less government spending but we need a strong defense,'" Gillespie said. "So those contradictions are out there and we in organized labor feel the erosion of the middle income people, the ones who make this country strong and who give this country economic fiber, that erosion is going to be to the detriment of the country. We're going to stand up and stay that."

Inspired by former President Franklin Roosevelt's 1944 speech calling for an economic bill of rights, participants will sign a "workers" bill of rights to be presented to delegates at both the Republican and Democratic national conventions. "It just extols, pretty much, the nobility that is in work and the requirements and respect a civilized society should have for its workers," Gillespie said.

Politicians — including President Barack Obama and GOP hopeful Mitt Romney — will also have the opportunity to sign the document endorsing citizens' rights to earn a living wage, fully participate in the electoral process, collectively bargain with employers and access quality education, health care and benefits. An accountability campaign showing who signed and who declined the bill will begin after the rally and continue through November's presidential election.

Some have called the planned gathering, which will feature at least 20,000 Building Trades members along with speakers and musical entertainment, an alternative to the Democratic National Convention set for the first week of September in Charleston, S.C. — a right to work state in which union membership can't legally be required as a condition of employment.

"There's nothing better than getting the opportunity to bargain with your employer and nothing better than to be able to participate in a democracy and vote, but vote for candidates that are in your best interest, not necessarily in the NRA's interest, the Tea Party's interest or even organized labor's interest," Gillespie said. "That's the rationale for the rally."

ALEX WIGGLESWORTH
awigglesworth@metro.us

'Whining about every little tax'

The event comes during a contentious chapter in Philadelphia's labor history. Mayor Michael Nutter has not agreed on contract terms with any city union other than those awarded through binding arbitration.

In the case of firefighters and paramedics Local 22, he is for the second time appealing the arbitrator's findings.

Local 22 and the city's two largest municipal unions, AFSCME District Council 33 and 47, have been working without contracts since 2009.

Gillespie said he doesn't envy the mayor's task of having to negotiate fair conditions within the constraints of a limited budget.

"Those things used to be possible, but there's this whining about every little tax people have to pay," he said. "People like the firemen when they need them, but they don't necessarily want to pay them. People want their children educated, but don't necessarily try to pay the bill to educate them."

Tragedy strikes Reid family and Eagles franchise

- Coach's oldest child, Garrett, found dead at football team's Lehigh University training site
- He was 29
- Helped with players' strength and conditioning

Andy Reid is taking a leave from absence from the Eagles after his son, Garrett, was found dead in a Lehigh dorm room Sunday morning.

The 29-year-old Garrett was the oldest of Reid's five children. Lehigh University Police Chief Ed Shupp said there was no sign of foul play. Officers received a 911 call around 7:20 a.m., but they couldn't revive Garrett.

"Upon arrival, it was observed that attempts were made to revive the individual and it was unsuccessful," Shupp said. "The individual, Garrett Reid, was deceased upon the officer's arrival."

Shupp added that there were no "suspicious activities" and the case has been turned over to Northampton County coroner Zachary Lysek.

Eagles GM Howie Roseman broke the news to the media in an impromptu press conference. He offered only an opening statement and took no questions from reporters. Andy Reid wasn't at practice and unavailable for comment.

"Our hearts go out to Andy, [wife] Tammy, [sons] Britt, Spencer, [daughters] Crosby and Drew Ann," Roseman said. "Coach has spent the morning informing his family. We ask sincerely that you respect the family's privacy during this time."

Offensive coordinator Marty Mornhinweg and defensive coordinator Juan Castillo will split head coaching duties until Reid returns. The team opens the preseason Thursday night against the Steelers.

Yesterday, players expressed sorrow for their head coach's loss. Before the morning walkthrough the entire team paused for a group prayer.

DeSean Jackson tweeted, "My blessings go out to the Reid family. We lost a close 1 this morning."

"R.I.P. Garrett Reid. Man this is so messed up," tweeted Brandon Graham.

MIKE GREGER
mgreger@metro.us

Quoted

"I've been with Andy a long time. He's always been strong for us. We're going to be strong for him right now. As a father and a friend, we're all hurting."
HOWIE ROSEMAN

RIKARD LARMA/METRO

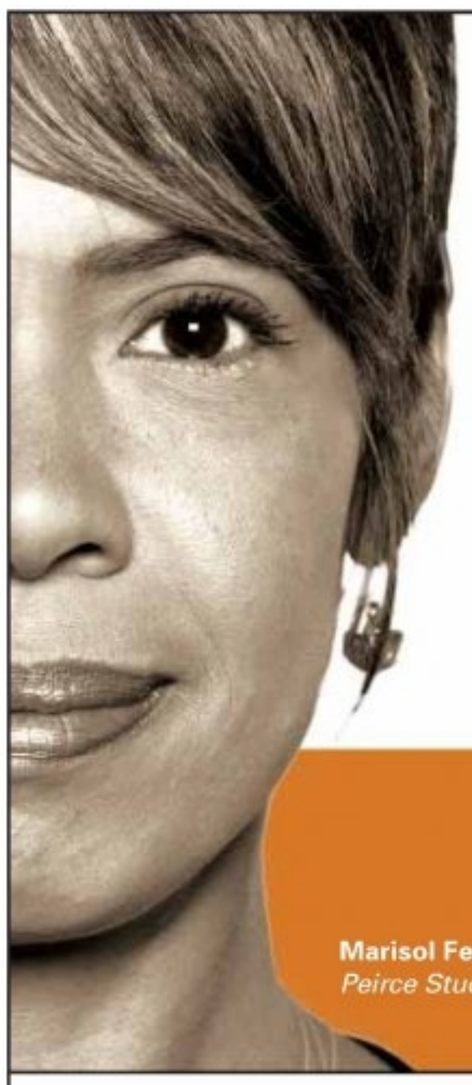
▶ No timetable for Reid's return to the team has been set.

Troubled youth?

▶ Garrett Reid

Garrett had been working with the Eagles as an assistant to strength and conditioning coach Barry Rubin.

- He and younger brother, Britt, were both arrested in 2007 and served prison time on drug charges. They had also undergone court-ordered rehab.
- Britt and Garrett each sentenced to up to 23 months in jail. Britt, after serving six months, is paroled into a drug treatment program.
- Garrett was also sentenced to two years in a drug rehab program and three years' probation for smuggling 89 pills into prison in his rectum.



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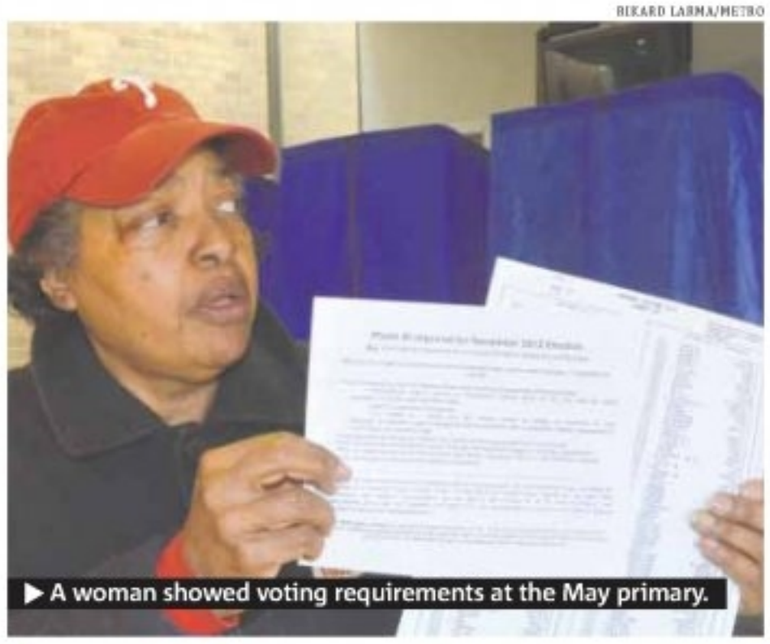
PennDOT lacking voter ID standards

RIKARD LARMA/METRO



▶ A woman showed voting requirements at the May primary.

Pennsylvania's voter identification law may disenfranchise hundreds of thousands of residents unless the state improves access to free IDs, according to a new study.

Just 13 percent of 43 state Transportation Department offices that provide the identification had signs in reception areas saying the cards were available, according to the study by the Pennsylvania Budget and Policy Center. It said volunteers got incomplete or inaccurate information in half their visits.

"Without a rigorous effort to ensure ID is available easily and for free for those who require it, tens or hundreds of thousands of Pennsylvanians, including some who have voted for decades, will be disenfranchised," the center said in the study.

Backed by Republican Gov. Tom Corbett, the statute was enacted this year as similar measures in other states drew fire from Democrats. Critics say the rules disenfranchise minority, poor and young voters, who tend to support Democrats. Comparable laws in Texas and South Carolina have been blocked by the U.S. Justice Department, which is probing whether the Keystone State's version violates the Voting Rights Act. The law was also challenged in court last week and a federal judge's ruling is expected soon. **BLOOMBERG**

Quoted

"This is a constitutional right that people have to vote, and it is incumbent upon the authorities to ensure that obtaining the ID that is necessary doesn't place an undue burden."

SHARON WARD, PENNSYLVANIA BUDGET AND POLICY CENTER

Delay urged for ID law

With the Nov. 6 election just 11 weeks away, implementing the law should be delayed, the Pennsylvania group recommended. Volunteers visited 43 of the 71 state offices where driver's licenses and photo identification cards are issued.

In three of 10 visits, applicants were told incorrectly that they would have to pay for the cards needed to vote, according to the report.

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Baby Boomers Now Fear Memory Loss More Than Cancer

Mayo Clinic guidelines in medically acclaimed brain health book may help prevent mental decline; reveals natural discovery shown to 'help fight memory loss'

SPOKANE, WASHINGTON –

When do normal, everyday memory problems become a cause for concern?

That question crosses the minds of millions of Americans 50 and older. According to a recent MetLife/Harris survey, baby boomers are more concerned with losing their cognitive abilities than they are about cancer, heart disease or stroke.

That's why one of America's leading brain experts, Joshua Reynolds, is offering adults 50-plus a free supply of the world's first clinically validated memory pill along with a free copy of his blockbuster, *20/20 Brainpower: 20 Days to a Quicker, Calmer, Sharper Mind.*

His top-selling book contains vital information and preventive measures to help ward off mental decline. During a lifetime of research, Reynolds discovered a common yet easily corrected brain condition that, if left untreated, could have alarming consequences for every adult.

"If you're over the age of 45, and have mental fatigue, sluggishness, poor concentration, and forgetfulness," says Reynolds, "you may be low on neurotransmitters, a vital brain fuel. When the level drops too low," adds Reynolds, "your brain sputters, and loses power."

A few years ago, Reynolds and a team of scientists identified three natural extracts with a 'powerful, energizing effect' on aging brains: acetyl-l-carnitine, huperzine, and vinpocetine.

Millions of adults are suffering with progressive mental decline, a mind-robbing form of memory loss that can rip apart families and lives. Research has identified effective corrective measures that can be used by anyone.

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Professional speaker, Sylvia P. of California, found it just in time. "I was having a hard time staying focused and remembering things in front of hundreds of people. It was embarrassing. Since taking Procera AVH, I feel like my old self again!"

"To a tired, sluggish mind, Procera AVH is like splashing ice-cold water on your face," says Reynolds, "some users say it's like putting on a pair of prescription glasses for the very first time. Everything becomes clear and focused."

Kasey L. of Kansas agrees. "I was having trouble finding words in my brain and remembering things. Now I am as sharp as a tack with a memory like an elephant. I will never stop taking it."

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Seven dead in shooting at Wisconsin Sikh temple

A gunman killed six people and critically wounded three at a Sikh temple during Sunday services before police shot him dead. The attack is being treated as domestic terrorism, police said.

The gunman opened fire upon entering the kitchen at the Sikh Temple of Wisconsin in suburban Milwaukee at about 11:30 a.m. EST as women were preparing a Sunday meal, witnesses said. They described the shooter as a white male.

Turban-wearing Sikhs are often mistaken for Muslims, and the Federal Bureau of Investigation is overseeing the probe into the shootings, Oak Creek Police Chief John Edwards said.

Lone gunman

- Witnesses at the temple had said there was more than one gunman, but Edwards said reports of multiple gunmen were common in incidents that involved only one shooter.

"We're treating this as a domestic terrorist incident," he told reporters.

Four people were shot and killed inside the sprawling temple. Three, including the gunman, were killed outside. The gunman ambushed and shot a police officer several times after the officer responded to a 911 call and was helping a shooting victim, Edwards said.

A second officer shot and killed the gunman. Edwards did not have information about the identity of the gunman or as to what kinds of weapons he had used.

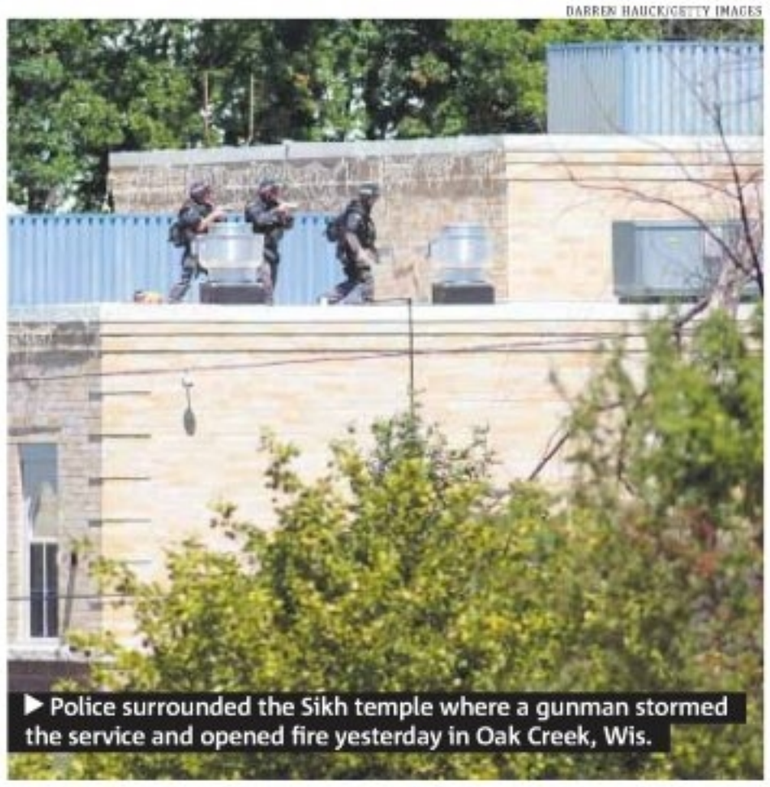
The wounded officer, a 20-year veteran, was taken to a hospital and is expected to survive, according to Edwards.

The Oak Creek shooting is the latest in a series of gun rampages in the suburban United States.

The shooting came little more than two weeks after a gunman opened fire at a theater in Aurora, Colo., killing 12 people and wounding 58. In January 2011, then-Congresswomen Gabrielle Giffords was the target of an assassination attempt in which six people were killed and 13 were wounded.

"The gunman is worse than the one at the theater a couple of weeks ago because he targeted an entire community," said temple member Jagatjit Sidhu. **REUTERS**

DARREN HAUCK/GETTY IMAGES



▶ Police surrounded the Sikh temple where a gunman stormed the service and opened fire yesterday in Oak Creek, Wis.

Quoted

"How sick do you have to be to walk into a church and shoot it up?"
SMIRAN KALEKA

Judge faces difficult balance in Holmes case

COLORADO. The proceedings against accused Colorado shooter James Holmes will run into a tough question this week, one faced in many high-profile criminal cases: How do you balance the defendant's right to a fair trial with the public's right to know?

In most court cases, documents are available to the public, but Judge William Sylvester sealed the Holmes case on July 20 at the request of prosecutors. Major media organizations have asked the judge to unseal the documents, citing the public's right of access.

Sylvester has set a hearing for Thursday to decide whether to do so. He has asked prosecutors to respond to the motion by today and Holmes's lawyers by Thursday, according to an attorney for the media companies.

Among the documents the media want to see are affidavits that law enforcement officers would have filed before arresting Holmes, which would show why the officers thought that Holmes was the shooter. **REUTERS**

Loughner to plead guilty in Arizona shooting spree

PHOENIX. Jared Loughner, the man accused of killing six people and wounding then-U.S. Rep. Gabrielle Giffords in 2011, is set to plead guilty in a Tucson court tomorrow, a person familiar with the case said.

The source confirmed that the federal government believed Loughner was now competent to stand trial and will argue that in court on Tuesday.

Loughner is willing to change his plea to guilty at the previously scheduled hearing, the source said.

Psychiatric experts who have examined Loughner were scheduled to testify in a mental competency hearing tomorrow that he was competent to stand trial and understood the 49 charges against him, the Los Angeles Times reported earlier.

A spokesman for the U.S. Attorney's office in Phoenix said he could "neither confirm nor deny" whether Loughner would plead guilty. **REUTERS**

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News in brief

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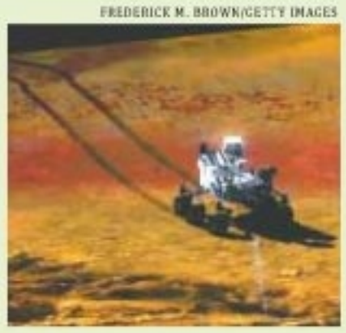

NASA Rover in make-or-break Mars landing

PASADENA, CALIF. The Mars rover Curiosity, on a quest for signs the Red Planet once hosted the building blocks of life, streaked into the home stretch of its eight-month voyage yesterday nearing a make-or-break landing attempt NASA calls its most challenging ever.

Curiosity, the first full-fledged mobile science laboratory ever sent to a distant world, was scheduled to touch down inside a vast, ancient impact crater last night.

Mission control engineers at the Jet Propulsion Laboratory near Los Angeles acknowledge that delivering the one-ton, six-wheeled, nuclear-powered vehicle in one piece is a highly risky proposition, with zero margin for error. **REUTERS**

Republicans accuse Reid of lying about Romney's taxes

WASHINGTON. The U.S. presidential campaign's war of words turned increasingly bitter yesterday with two influential Republicans accusing the top Senate Democrat of lying when he said their party's presidential hopeful, Mitt Romney, had not paid income taxes for 10 years.

Reince Priebus, the Republican Party's national chairman, called Senate Majority Leader Harry Reid "a dirty liar" for his accusation, based on a source that Reid has not named. **REUTERS**

Scientist: Heat waves are caused by global warming

SCOTT OLSON/GETTY IMAGES

▶ A corn crop failed to mature in a field July 28, 2011 near Perryton, Texas. The severe drought caused most dry-land (non-irrigated) crops in the area to fail.

The Texas drought last year, the Russia heat wave in 2010 and other extreme weather "certainly would not have occurred" without global warming, according to a paper prepared by a top U.S. government climate scientist.

Abnormal weather episodes were so rare from 1951 to 1980 that the recent events can only be explained by the effects of the increasing accumulation of carbon dioxide in the atmosphere, according to research published today. If carbon emissions continue unchecked, such events will become routine, with more extremes common within 50 years.

"We now know that the chances these extreme weather events would have happened naturally — without climate change — is negligible," James Hansen, the top climate-change scientist at the National Aeronautics and Space Administration and writer of the paper, said in a statement. "The natural changes in weather from day to day and year to year [don't explain those events]."

The paper by Hansen and two co-authors, to be published in the peer-reviewed Proceedings of the National Academy of Sciences, was written before the recent record heat waves and drought across the U.S. Once that data is analyzed, it probably will show links to global warming as well, Hansen wrote in the Washington Post. **BLOOMBERG**

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Land of the Arctic aliens

▶ "I used both a medium format analog camera and a Canon DSLR camera," the photographer explained. "Graduated neutral density filters placed on the lens helped me achieve this result. By placing the filter's darker side against the sky, it helped to retain more details in the lighter parts of the image by keeping their luminosity down."

NICCOLÒ BONFADENI

Landscape

Who is guarding the frozen north? Judging by this mysterious photograph, it's these giant 'ice worms' sprouting out of the ground. This incredible, surreal picture actually show trees buried in thick snow on a landscape located close to the Arctic Circle.

Metro spoke with Italian photographer Niccolo Bonfadini about his eerie image.

Behind the photo

He took this stunning shot while camping alone in Finland's beautiful Riisitunturi National Park. "I was blown away by the other-worldly landscape, everything was white as far as the eye could see. Everything was frozen."

Cold challenge

The photographer faced many challenges in this barren frozen world. "What made the trip harder than average was the fact that I was completely alone. But I prefer it like that, I don't like crowds," he said. "My backpack weighted about 30kg. What I ate consisted of powdered, freeze-dried food. And temperatures can go as low as -40°C."

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THE WORD

Metro's **Monica Weymouth** shares her take on the world of gossip @monicaatmetro monica.weymouth@metro.us

Pattinson, Stewart still not over each other yet

Although she could probably afford to rent a small state, **Kristen Stewart** has taken refuge with friend **Giovanni Agnelli** after leaving the house she formerly shared with **Robert Pattinson**.

Agnelli is not, as his Twitter feed suggests, a random 16-year-old "Twilight" superfan with an unhealthy interest in Stewart's sex life. Instead, he's a friend of the actress who produced her 2010 film "Welcome to the Rileys," and he's upset at how the media is treating his new roomie in the wake of her affair with "Snow White" director **Rupert Sanders**.

"The spin that keeps growing on this story is staggering. There was no onset affair. Stop printing lies," he posted to Twitter, where he's been on a pro-Kristen campaign for weeks.

Stewart

Robert Pattinson, who is hiding out at **Reese Witherspoon**'s ranch, isn't quite buying Agnelli's line about Stewart being "like a little sister" to him.

"Rob knows Agnelli and has been calling him a lot since Kristen has been there," a source tells RadarOnline. "He wants to know why Kristen is staying there at his house. He is super angry now and has accused Giovanni of sleeping with Kristen, too."

Kristen, for her part, is also still pretending that she isn't very rich, very young or very good looking and is obediently moping around the house. "Kristen hasn't showered or changed or washed her hair in several days," the source tells Radar. "She is laying around in her T-shirt and shorts and eating ice cream."

Happy holidays, indeed

Lindsay Lohan and **Charlie Sheen** have already given so much to this page that we could hardly believe this news: Even though he died in "Scary Movie 4," Sheen has rallied and signed on to the fifth installment along with franchise newcomer Lohan, reports E! Online.

The film's due in theaters Jan. 11, when most celebs are still peddling that "I'm so thankful and want to give back" holiday nonsense.

At least she still dreams

Kendall Jenner — better known as the **Kardashian**'s tall half-sister — doesn't want to be just any runway model. "I want to be the next Gisele Bundchen," she tells E! Online. "Everything she does, who she is, what she's done, she's just amazing."

Kendall, honey, we want to be the next Philip Roth. But take it from us — hanging around with the Kardashians for too long is dream poison.

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

@danieltosh
i hate you @nbc - your olympic coverage makes me feel like the terrorist have won.

@GordonRamsay01
Just when you thought it was safe to make cup cakes a tarantula hides in my mixing bowl holy crap !

@oliviawilde
Really working hard on my I-swear-I'm-in-control-and-that-was-FUN face right after getting pummeled by a giant wave.

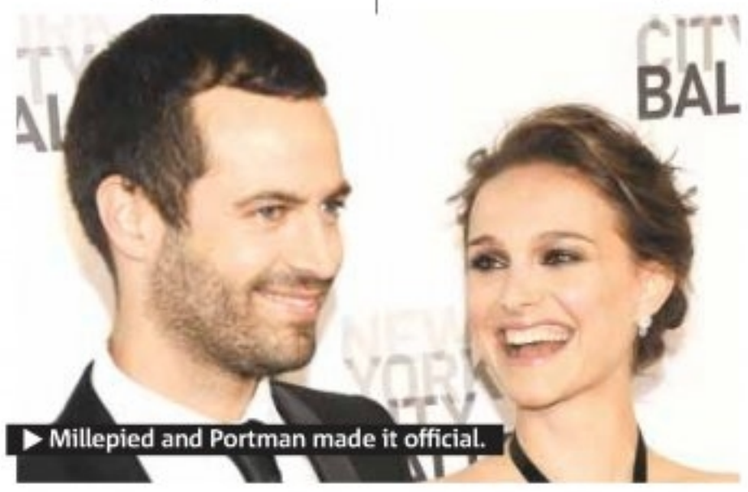
@SarahKSilverman
Nothing's more attractive than an unending monologue about your shortcomings

Wilde

Talking points

Natalie Portman's a married lady

Though they first showed off their wedding rings at this year's Oscars, **Natalie Portman** and **Benjamin Millepied** reportedly made it official this weekend by exchanging vows in a private Jewish wedding ceremony at a private home near Big Sur, Calif., according to Us Weekly. The couple, who met while working together on 2010's "Black Swan," have a 13-month-old son, **Aleph**.



▶ Millepied and Portman made it official.

What is Tatum doing at a NOLA brothel?

Racking up new job titles within the film industry apparently isn't enough for **Channing Tatum**, as the actor and a pal have reportedly purchased a bar in New Orleans, according to In Touch. Tatum and **Keith Kurtz** are now the proud owners of Saints and Sinners, a brothel-style saloon in the city's French Quarter that they plan to renovate in time for a massive reopening party in November. There's no word on how much male stripping the "Magic Mike" star will incorporate into the venue.

Olsen not interested in '50 Shades' role

While **Elizabeth Olsen** insists she's not interested in starring in the film adaptation of "Fifty Shades of Grey," she is still happy the racy book has become so popular. "It's had a huge impact on society. Apparently rope sales have skyrocketed because women who've read the book are really getting into bondage, which is kind of great," Olsen tells Bullettmedia.com. "It's such a taboo for women to actually discuss sexuality without the help of Cosmopolitan."

▶ Olsen

Justin Bieber drives a hard bargain

Every man has his price, and for **Justin Bieber**, the price for him to run onstage completely naked is staggeringly high, according to an interview he gave with BBC Radio 1. After initially insisting that "there's no money that can make me do that," Bieber eventually settled on the totally reasonable sum of $25 billion. "Twenty-five billion? Maybe, yeah," he said. On the more reasonable end of things, Bieber said he would go tothe DJ's parents' house and cook them dinner for $1 million.

Hamster ballin'

1. It's time to talk about what is going on with **Steven Tyler**. The Aerosmith frontman spent the weekend on the band's Global Warming Tour.

2. It's rare that we catch a glimpse of **Brad Pitt** in the wild these days. The actor was spotted In London on Saturday.

3. Stevie Wonder rocked out at the Ford Hoodie Awards in Vegas on Saturday.

4. Diplo went crowd-surfing, hamster-style (or Wayne Coyne style), at the Mad Decent Block Party in Philly on Saturday.

5. Zach Galifianakis gave **Kya Haywood**, his co-star from "The Campaign," a warm welcome to the red carpet over the weekend.

1: C FLANIGAN/WIREIMAGE
2: KIKI KIKOLOVA/FILMMAGIC
3: ISAAC BREKKEN/WIREIMAGE
4: ROGER KISBY/GETTY IMAGES
5: KEVIN WINTER/GETTY IMAGES

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TV watch list

'Mars Landing 2012: The New Search for Life'

SPECIAL. As the Mars Science Laboratory spacecraft Curiosity is set to land on the red planet, Science follows NASA for an exclusive look at the final stage of its mission to determine if Mars is capable of supporting life. **10 p.m., Science**

ROBYN BECK/AFP

▶ The Mars Science Lab is scouting new vacation real estate.

'Diners, Drive-Ins and Dives'

REALITY. On the 15th season premiere, host Guy Fieri searches for "unconventional comforts." **Season premiere, 10 p.m., Food Network**

'Huntik Secrets & Seekers'

ANIMATED. This Italian animated series follows superhumans as they rise up to find their ancient allies. **Season premiere, 8 p.m., Nickelodeon** METRO/AR

Schwarzenegger talks steroids, sexy posters

The action star reflects on his formative years, documented in the ESPN short 'Arnold's Blueprint'

Take away "Terminator." Strip away his governorship. The successes of Arnold Schwarzenegger all boil down to his stint in the Austrian army as a teen, when he won a Mr. Europe bodybuilding championship.

At least, that's the premise of "Arnold's Blueprint," the first film in ESPN's new documentary series, "30 for 30 Shorts," premiering Sept. 26. Director Michael Zimbalist focuses on Schwarzenegger's enlistment, the military's initial resistance to his sport and his rise to Mr. Universe. "I had never [seen] a 'no' as a 'no,'" Schwarzenegger told reporters at the Television Critics Association press tour in Beverly Hills, Calif., on Friday. "I always heard 'yes.'"

On his family being against bodybuilding:

"My mother was always worried because she saw the pictures on my bedroom wall of naked men oiled up, and so she called the house doctor and said, 'Is there something wrong?'"

On performance-enhancing drugs:

"Oh, yes, I took steroids. At that point, it was more experimental when I was competing, and then there, of course, there was more and more knowledge, and more research was done, and it exploded into the growth hormones eventually."

FOR FULL COVERAGE FROM THE TELEVISION CRITICS ASSOCIATION PRESS TOUR, FOLLOW AMBER: **@AMBERATMETRO.**

On recapturing his action-star status:

"One day, I was sitting at my hairdresser, and Sly [Stallone] came up to me, and he said, 'Oh, man, it would be so great if you could be doing just a little something in my "Expendables" movie.' I said, 'Boy, I'm governor.' I said, 'The only way I can do anything for you is if I do it on the weekend. So he said, 'Well, we can arrange that.'"

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▶ Tiffany Wesley is a graduate of the court reporting program at Orleans Tech.

For an ambitious student with the right combination of talent and patience, coursework in court reporting can pay off.

But reaching 225 words per minute on a stenotype is no walk in the park, and it's hard to know if you have what it takes before committing to the training.

"It's not for everyone. Speaking very bluntly, you have to be a nervous wreck. You are sitting at the edge of your seat. You have to get every word, every utterance," says Patti Blair, who owns her own Chicago-based court reporting business and has been a licensed court reporter for 47 years. "If you're a laid-back person, this profession is not for you."

Quoted

"It's not for everyone. Speaking very bluntly, you have to be a nervous wreck. You are sitting at the edge of your seat. You have to get every word, every utterance."

PATTI BLAIR, COURT REPORTER

Qualified individuals can earn the National Court Reporters Association's Registered Professional Reporter credential by passing a rigorous test; their dictation speeds must exceed 200 words per minute.

Orleans Technical Institute in Philadelphia offers a two- to three-year program that includes the RPR exam, though the school was unable to specify how many students pass the test. However, Marlene Cohen — an employment specialist from Orleans — was quick to point out that passing the RPR is not required for all positions in the field. Those who persevere through the training can still seek employment.

"There's always people that drop out, just like any college — but not necessarily because they can't do the speed," says Cohen.

"For anyone who is really truly driven and interested in doing this, I think the first course would let them know if they could handle the speed," says Blair. "But I would say they need to stick it out until they start taking dictation — about four to six weeks."

$48,530

As of 2010, per the U.S. Bureau of Labor Statistics, there were about 22,000 court reporters employed nationwide. The median annual pay was $48,530 as of 2011. From 2010-2020, growth in this field will be about 14%.

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Life after unemployment: How to ease back into the workplace

IMAGE SOURCE
▶ Give yourself time to adjust to a new job.

Extended unemployment can make going back to work feel like diving into icy cold water — a shock. But if you stick in one toe at a time, you'll get acclimated much sooner.

While you're getting your feet wet, make sure that you understand what you're getting yourself into. "Try to get a clear picture from your boss, before you start, of expectations for the first week, month and quarter. This way you can pace yourself right from the start," explains Caroline Ceniza-Levine, co-founder of SixFigureStart.

Splash around a little to explore your surroundings. "Once you're back to work, don't be afraid to ask questions," says Caitlin Day, education and outreach manager at Career Wardrobe. "Your co-workers and supervisors were new once too, and should be able to offer you tips on how to fit into your new environment as well as answer questions about your role." Co-workers expect to help you understand the new position, so take advantage of their expertise.

Allow yourself time to focus on your new position without getting distracted by outside factors. Michael Timmes, HR specialist at Insperity, suggests that you "reach out to family and friends to let them know that your schedule is changing and that you may not be as accessible as you were when you were unemployed. Most people will understand that you're busy getting to know your new job and will afford you some extra space."

Quoted

"Once you're back to work, don't be afraid to ask questions."
CAITLIN DAY

Good work!

Timmes makes another great point: Be proud of yourself.

"You found a new job, which is great. Be sure to recognize and celebrate your achievement." It's completely acceptable to ease your way back to work, rather than taking the plunge all at once.

JULIA WEST
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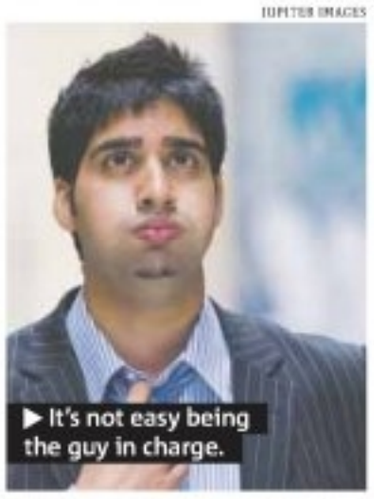
JUPITER IMAGES
▶ It's not easy being the guy in charge.

All too often, self-employed individuals are overworked, very stressed and simply underpaid. If that sounds familiar, here are six ways to be a better boss to yourself.

1 Invest in things that will help you do a better job: Self-employed individuals sometimes make absurd sacrifices to save a few dollars. Unfortunately, that old computer or software version might be holding you back. Don't hold the purse strings too tightly when it comes to those expenses that could help you be more productive and satisfied on a daily basis.

2 Invest in your education: Great entrepreneurs are always learning. Don't hesitate to invest in conferences, training sessions, classes or even networking events. You'll be able to learn new skills, gain insight needed to expand your business and make valuable contacts.

3 Invest in a great benefits package: For many self-employed people, especially sole proprietors and partners, a high-deductible plan with an HSA is usually a solid bet from a financial standpoint. Depending on your business structure, you may find you can deduct most, if not all, of your insurance premiums for you and family members.

Consider joining an association or professional organization that offers group-based health coverage to members. As a small business owner, you also have a range of possible retirement plan choices, from SEP to SIMPLE IRA plans.

4 Invest in the legal and administrative aspects: If you're self-employed, then you are 100 percent responsible for your business. This means it's up to you, and you alone, to make sure your business is compliant with any license and permit requirements. You should consider forming an LLC or corporation for your business. An LLC or Corp. will protect your own personal assets from any company liability. So if your company is sued, your personal savings are shielded.

5 Reward your best employee — you: Running your own business is not easy, so be sure to acknowledge each success. After all, you no longer have a boss to recognize your hard work, so it's up to you to keep yourself motivated and inspired.

Don't undervalue your services

When you set your pricing too low, you need to take on more clients and clock more hours to stay in business. What's the result? You're overworked and often end up with clients who don't value your services.

At the most basic level, your business is all about earning the money you deserve for the value you bring to customers. As long as you do a great job of meeting your customer's needs, you should be able to be compensated fairly.

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Using social media in your job search

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LinkedIn: When you visit your desired company's page, review "Your College Alumni." These individuals are great candidates for informational interviews.

Twitter: Take advantage of Twitter directories such as Twellow to help you find profiles mentioning your desired company. You can also @reply to the company's personal Twitter account inquiring about an informational interview source.

Facebook: There are many Facebook applications, such as BranchOut, intended to ease the process of finding connections to companies within in your own network.

JOSHUA WALDMAN/MASHABLE

Hiring picks up, but not enough

JUPITERIMAGES

▶ The unemployment rate reached a five-month high in July.

Employers hired the most workers in five months in July, but an increase in the jobless rate to 8.3 percent kept prospects of further monetary stimulus from the Federal Reserve on the table.

Nonfarm payrolls rose 163,000 last month, the Labor Department said on Friday, breaking three straight months of job gains below 100,000 and offering hope for the ailing economy.

While the report gave talking points to Republicans and Democrats for the upcoming general election, investors on Wall Street shrugged off the rise in the jobless rate to a five-month high and boosted stocks to their highest level since early May.

The unemployment rate rose from 8.2 percent in June, even as more people gave up the search for work and a survey of households showed a drop in employment.

The Federal Reserve on Wednesday sent a stronger signal that a new round of major support could be on the way if the recovery does not pick up. The labor market has slowed after hefty gains in the winter, spelling trouble for President Barack Obama in the November election. Both Obama and Romney used the jobs report to plead their case to America's middle-class voters. Obama said the Republican tax plan would hurt them.

"The last thing that we should be doing is asking middle- class families who are still struggling to recover from this recession to pay more in taxes," Obama said at the White House. REUTERS

8.3%
Unemployment rate for the month of July, up from 8.2 percent during June.

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Take a vacation from technology

- It sounds terrifying, but some time away from your laptop or iPhone can do wonders for your spirit
- Why a direct message in person trumps a direct message on Twitter

STOCKBYTE

▶ Ditch the iPhone for a game of beach volleyball instead.

Zen in the city

GABRIELLE BERNSTEIN
WWW.GABBYB.TV

The majority of my daily communication happens through e-mail, social media and text messages. I tweet the first thought I have in the morning, then I share a snapshot of my breakfast on Instagram. By noon I've already engaged in several Facebook conversations and pinned five outfit options for the day. And I know that most folks share the same habits.

Though this fast-paced interaction is exciting and impactful in many ways, it also detaches us from a sense of serenity and connectivity.

For example, summer is a time for chasing fireflies, firing up the grill and basking in nature — but somehow much of that gets lost when we spend half the night trying to craft the best photo of our fish tacos to share online.

This August, take a break from social media, get off the Internet and unplug for real. I know it's pretty freaky to consider a day or even just an evening without access to your iPhone or computer. But the benefits of unplugging are incredible. You'll experience a new sense of serenity, strengthen your interpersonal relationships and reconnect with a childlike joy that can only be found in nature, not on YouTube. Consider unplugging in the following ways, and you'll be sure to experience a true sense of peace.

Don't bring your phone to the beach

Take advantage of this awesome opportunity to connect with nature. Instead of sitting under the umbrella tweeting, rock out on a boogie board or play volleyball. Sink into the beach vibe by leaving your buzzing phone back home.

Speak to people only in person

Rather than e-mail, tweet, text and BBM your way through your weekend or vacation, make a point to talk face to face and truly engage. Look your friends in the eye and listen to what they have to say. Though social media feels like connection, it cannot replace the energy of one-on-one, in-person interaction.

This August, unplug so you can recharge.

— Gabrielle Bernstein is the author of "Spirit Junkie."

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

Get off of Facebook and read a book

How many hours have you spent cruising your exes' profiles, openly emoting and liking every status or cute-kid pic you see? This month, take a Facebook vacation and, instead, hold an old-school book in your hand. Commit to reading at least one book in August. Sit back, relax and let a great story absorb your mind.

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myletters&games

Letters

letters@metro.us

Congress should learn less is more

A recent letter writer, Herb Stark, almost demands that congress should "DO SOMETHING," presumedly concerning our economy. Actually, Mr. Stark has got it just backwards! Government should do a lot less, not more. What Congress should do is undo, in exact reverse order, all the unconstitutional "laws" created in the last 40-50 years. Then maybe we can get our country back to normal.

FRANK ST GEORGE, VIA E-MAIL

CEO should stick with what he knows

Where are these goofs getting that the government wants to "shut down" Chick-fil-A? No one ever said such a thing. As for the CEO: Since he knows what's best for us peons — as the religious cultists always do — where are his comments about the almost 60 percent divorce rate in this country? Eating coated chicken from a slop fast food restaurant. What a statement you've made. Not!

DONNA DI GIACOMO, GERMANTOWN, PA.

As long as it's not harming anyone ...

I had to respond to these characters bashing Chick-fil-A. We, as Americans, have the right to believe in what we want to believe in — and these people will never change our minds, so they need to stop. We can support any group we want that doesn't harm our citizens. I am 100 percent against gay marriage and I will always be, even if one of my kids turned out gay. I am a Christian and I don't want to see any harm done to them, but I don't believe that it is a productive lifestyle for our society and the future of our children. I'm sick and tired of these gay activists trying to shove it down our throats, and I commend Dan Cathy and all Americans who stand up against this onslaught.

JOHN PALENQUE, VIA E-MAIL

Presidents need rounded character

Kudos to Larry D. Fowler for pointing out that Mitt Romney is not qualified to be president. His analogy (imagining a sports coach as NATO commander — which is obviously ridiculous) is absolutely on point. Just because Romney has been successful in business doesn't mean he understands or is capable of fulfilling the diverse and overwhelming responsibilities of president of the United States. He seems unaware that there's a great deal more to the job description than overseeing the economy.

He also appears to lack the expansiveness of character to represent our country to the rest of the world. It's chilling to imagine placing the powers of the presidency into the hands of such a limited person.

LINDA NEVINS, VIA E-MAIL

Romney's riches no help to anyone

I'm wondering in what ways Mr. Romney, with an income of $250 million last year, has used his wealth in the last four years to create jobs. What new businesses has he started and how many people, besides campaign workers, has he hired?

DVORA JONAS, VIA E-MAIL

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♌ Leo **July 23-Aug. 22.** Lady Luck is apt to be kinder to you if you're trying to pull off something major, so don't waste time on trivial pursuits. Regardless of the nature of your work, elevate your efforts.

♍ Virgo **Aug. 23-Sept. 22.** You should give top priority to developing a second source of income. Chances are you'll be extremely lucky if you apply yourself to these projects.

♎ Libra **Sept. 23-Oct. 23.** Good things could happen if you associate with as many dynamic individuals as you can. Seek companions who are positive, productive and enthusiastic.

♏ Scorpio **Oct. 24-Nov. 22.** Great rewards could come from situations where you draw upon the resources and/or talents of others rather than just your own. Be sure to share the windfall with those who helped, however.

♐ Sagittarius **Nov. 23-Dec. 21.** Persons with whom you enjoy good social relationships will point you in some interesting directions. If you're in need of a special favor, buzz them first.

♑ Capricorn **Dec. 22-Jan. 19.** Be persistent when it comes to financial matters, because whatever you touch could turn into gold. These chances have good bottom lines.

♒ Aquarius **Jan. 20-Feb. 19.** If a project in which you're presently involved has been too loosely woven to be effective, take it upon yourself do something about it. It definitely can be improved upon.

♓ Pisces **Feb. 20-March 20.** You're in a unique cycle where ways can be found to increase your earning potential. However, it'll be up to you to utilize your creativity and imagination toward these ends.

♈ Aries **March 21-April 19.** Take advantage of your promotional skills, which are likely to be outstanding – this is especially so if you are trying to advance an issue that you feel strongly about.

♉ Taurus **April 20-May 20.** Let your generosity prevail when you see a needy party whom you could easily help if you wanted to. It's possible you'll get back twice as much as you give, but perhaps in an unexpected way.

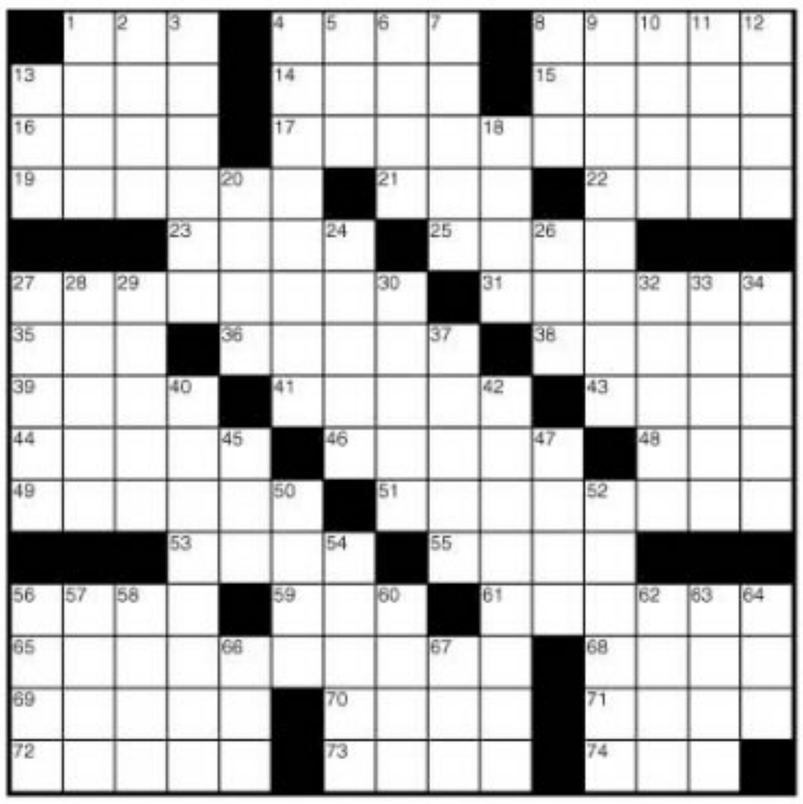
♊ Gemini **May 21-June 20.** Should you get involved in a group endeavor, chances are you'll be a positive catalyst. You could prove to be lucky for everybody concerned.

♋ Cancer **June 21-July 22.** Your instincts to succeed could be more acute than usual, making success for you far more likely once you get a chance to clarify your objectives.

BERNICE BEDE OSOL

Across
1 Noisy bird
4 Ski lift (hyph.)
8 Flop's opposite
13 Lengthy story
14 Therefore
15 Kid who rode Diablo
16 Type of mitt
17 Superman's prowess (2 wds.)
19 Picnic hamper
21 "Norma __"
22 Glut
23 Cabinet dept.
25 Frog step
27 Volcanic craters
31 Built in advance
35 Tavern fare
36 Move a fern
38 Stowed contents
39 Old horses
41 Celtic priest
43 Syrup brand
44 As good as won (2 wds.)
46 Open-air lobbies
48 "Da" or "ja"
49 Heir's legacy
51 Stocky
53 Waterfall sound
55 Captain Hook's cohort
56 Zoo barker
59 Ernesto Guevara
61 It's rich in oil
65 Bavarian wear
68 Costa __
69 Glacial ridge
70 Pub throw
71 Forecast agcy.
72 __ Python
73 Colleen's home
74 9-digit ID

Down
1 1 Website language
2 Dries out, as wood
3 Tugged sharply
4 Nubby
5 Alaska byword
6 Seaweed derivative
7 Fit for a king
8 Astron. or chem.
9 Blurt out
10 Where India is
11 Person from Dundee
12 Give an edge to
13 Cry loudly
18 Prez's stand-in
20 Kassel's river
24 "Lost Horizon" director
26 Bow shape
27 Hiawatha's craft
28 Alda and Thicke
29 Not bogus
30 Below, on a map
32 Unravels
33 Go along with
34 Upward push
37 Makeshift swings
40 Rhett's love
42 Glittery fabric
45 DDE's command
47 Maintain
50 Per
52 Aches for
54 __ Island Red
56 Close violently
57 A Saarinen
58 Mideast gulf
60 __ Morales of "La Bamba"
62 Profiles
63 Optimist's phrase (2 wds.)
64 Road-map org.
66 Actor Alejandro __
67 Use poor judgment



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			9		5		6	1
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7								
3	5		2		8			
		8	4	7		6		

SUDOKU **LEVEL: EASY**

			5	9		2		
5	1						4	
		7	6	1				5
			4			7		2
		3	8	5	2	1		
4		2			1			
7				8	6	4		
	2						1	3
		4		2	3			

SUDOKU **LEVEL: HARD**

Solution to weekend's crossword

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.
You solve the puzzle with reasoning and logic.

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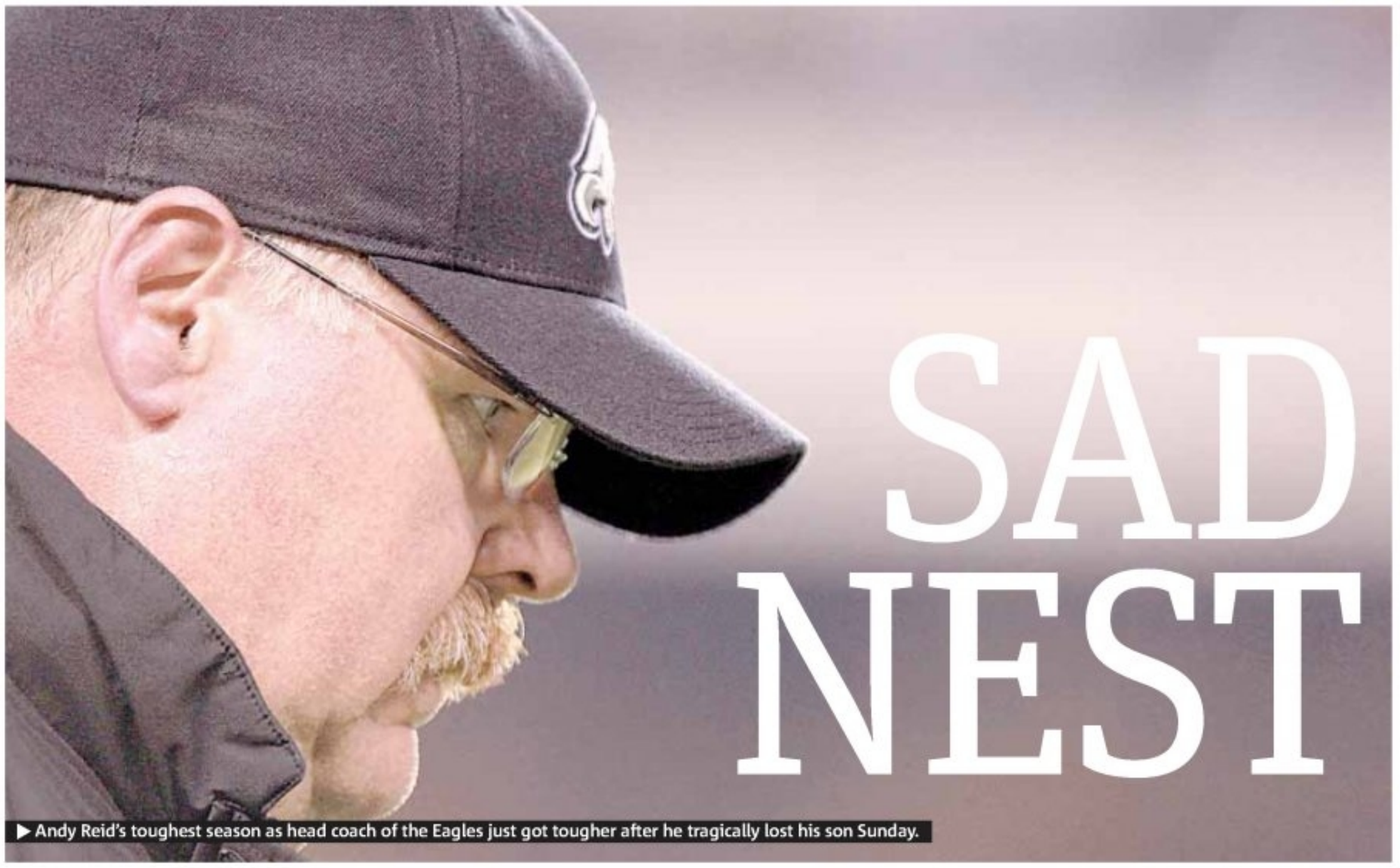
Eagles players, brass mourn loss of Andy Reid's eldest son ◐ Head coach takes leave of absence ◐ Lurie expects him back this week ◐ Funeral services scheduled Tuesday



SAD NEST

▶ Andy Reid's toughest season as head coach of the Eagles just got tougher after he tragically lost his son Sunday.

Tony Dungy, the man instrumental in easing any fears Andy Reid had about signing Mike Vick, tweeted out the following message for the Eagles head coach Sunday: "At times like this when life hurts u have to look to God!"

Reid lost his son Garrett early Sunday morning after the 29-year-old was found dead in his dorm room at Lehigh, where he was serving as a coaching assistant. The chief of police said there was no suspicious activity, but the coroner's office will undergo an investigation to determine the cause of death.

Dungy was in a similar spot back in 2005, when his 18-year-old son, James, was found dead in his Tampa-area apartment. It was later confirmed that James committed suicide.

For now, Reid is taking a short leave of absence.

How short? Well, Eagles owner Jeff Lurie expects him to coach the team Thursday night in its preseason opener.

There was already immense pressure on Reid from the front office, specifically from Lurie, to win a Super Bowl this season. Reid's players love him, and aren't shy about expressing their desire to win a ring for him. They would like nothing better to have him back on the sideline in 2013 and beyond, championship or not.

In 2005, Dungy used football (and his Christian faith) as a healing tool. He returned to the Colts' sideline just five days after his son's passing. One year later, Dungy coached the Indianapolis Colts to a Super Bowl championship.

Said Dungy: "People asked me, 'How did you recover so quickly?' I'm not totally recovered. I don't know that I ever will be."

It's still too early, the scars too fresh — Reid hasn't addressed the media yet — to contemplate Reid's frame of mind, or to discuss his future. However, the parallel with Dungy is certainly there.

This sudden — and tragic — news might provide an added incentive for the Eagles, and to form as a rallying cry: "Win one for Andy — RIP Garrett."

MIKE GREGER
mgreger@metro.us

They said it ...

Eagles OC Marty Mornhinweg and DC Juan Castillo will split coaching duties for now. Here's what some key Eagles were saying:

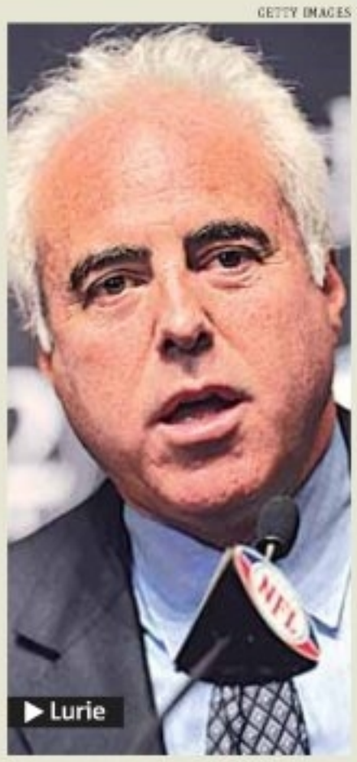
Said Mornhinweg: "As you know, Andy is a rock and he's given all of us, this football team, all the coaches, administration, equipment men, trainers, great support for many, many years and it's just very simple. We're here to support him now."

Said Mike Vick: "He's been a rock for us and a big teddy bear for us so we're going to lean on him, and we're going to be there for him and we're going to stay strong for him until he comes back and can lead us on."

Said Nnamdi Asomugha: "Garrett is a part of our football family, our extended family, our immediate family, so it's a very tough time for us."

Lurie: Expect Andy back coaching soon

GETTY IMAGES



▶ Lurie

Jeff Lurie originally canceled his annual state-of-the-team address. The Eagles owner promised everyone that the press conference will come later.

Yesterday, after news trickled out about the death of Andy Reid's son, Garrett, Lurie stepped into the press tent at Lehigh University and wore his heart on his sleeve.

"Today is one of life's tough days," Lurie said. "Andy is, he's a rock-solid man. I think what makes him a great coach is his combination of compassion, feeling and strength. Today, he exhibited it all."

Lurie praised Reid for nearly seven minutes. He fully expects the coach — the same one he put on notice at the end of last season — to be back on the sidelines this week and moving forward.

"I expect Andy to be coaching this week and back," Lurie said. "He feels that way and he is very, very focused on both his family and his profession."

MIKE GREGER

RIP Garrett

Reid family announces funeral plans

Funeral services for Garrett Reid will held tomorrow at 10 a.m. at the Church of Jesus Christ of Latter Day Saints in Broomall.

In lieu of flowers, the Reid family is asking donations be sent to: Laurel House P.O. Box 764, Norristown, PA 19404.

Garrett's obituary says he will "be long remembered for his sense of humor, his bold laughter and zest for life."

The eldest Reid child had planned to begin studies in sports management this fall, according to the obituary.

MICHAEL STEELE/GETTY IMAGES

▶ Usain Bolt flies past the finish line in Olympic-record time as American Ryan Bailey follows close behind.

Bolt sets world record, leaves field in dust

◗ World's fastest man defends gold in most anticipated matchup in decades ◗ Americans bested by Jamaicans

Lightning struck twice — first in Beijing in 2008 and again in London yesterday.

The world's fastest man, Usain Bolt, retained his Olympic title in the fastest men's 100-meter dash field in history. Every runner except Asafa Powell, who pulled up with a hamstring, finished under 10 seconds. The previous record for most men in single digits was six in 2008. If not for Powell's injury, the field would have gone under that mark.

The highly anticipated showdown between Bolt and Jamaican countryman Yohan Blake developed as expected in the semifinals, but failed to much materialize in the final.

Fast times

New records were set for finishing times in second, third and fourth spots.

- **Usain Bolt — 9.63 (OR)**
- **Yohan Blake — 9.75**
- **Justin Gatlin — 9.79**
- **Tyson Gay — 9.80**
- **Ryan Bailey — 9.88**
- **Martina Churandy — 9.94**
- **Richard Thompson — 9.98**
- **Asafa Powell — 11.99**

Bolt's typical second-half kick ended up leaving the field in the dust much like in 2008.

Bolt was soundly defeated by Blake in the Jamaican Olympic trials, but Bolt claimed he wasn't healthy.

Bolt bettered his own Olympic record of 9.68, though he didn't approach his world record of 9.58 set at the 2009 world championships.

The three Americans in the final finished third, fourth and fifth. Justin Gatlin, who won the gold in Athens, only to later be suspended for performance-enhancing drugs, completed a remarkable return by winning bronze.

The heats for the men's 200-meter begin tomorrow.

MARK OSBORNE
mark.osborne@metro.us

US takes gold, bronze in 400m

Sanya Richards-Ross got the gold she had waited four years to avenge.

Richards-Ross outlasted Great Britain's Christine Ohuruogu to win the women's 400 meters.

Richards-Ross was the favorite in Beijing in 2008, but she misjudged it and cracked coming down the final straightaway as Ohuruogu surged past to take gold.

American DeeDee Trotter took the bronze. **METRO/MO**

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Phils top Diamondbacks on Big Piece's walk-off

Howard clubs game-winning hit to beat Arizona, 5-4 Phillies win three-game series, ready to host Braves Moment of silence for Reid

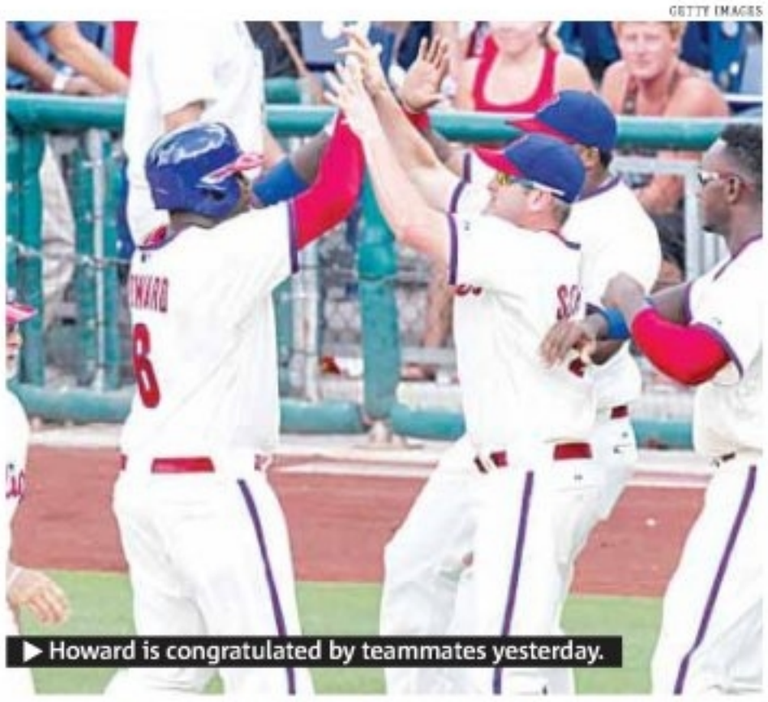
It might be too late, but Ryan Howard is getting his groove back.

The once-struggling first baseman stepped to the plate in the ninth inning of a tie game yesterday and clubbed the game-winning RBI in a 5-4 Phillies win. Howard is 3-for-9 in his last two games, both victories. Maybe this is the start of something big for the hulking slugger.

"That's a big hit," Phils skipper Charlie Manuel said of yesterday's game-winning single. "When he went up there, I said that the pitcher was the one in trouble."

Jonathan Papelbon (3-4) pitched a scoreless ninth and recorded the win. Juan Pierre scored the game-winning run, crossing the plate on Howard's hit. Chase Utley also stroked a solo home run.

GETTY IMAGES



▶ Howard is congratulated by teammates yesterday.

Before the game started, the Phillies held a moment of silence for Garrett Reid, the son of Eagles coach Andy Reid who was found dead in his dorm room.

Phils starter Cliff Lee got another no-decision after allowing four runs on eight hits. The left-hander still hasn't recorded a win at Citizens Bank Park this season.

Phils GM Ruben Amaro once again shot down rumors that they were shopping Lee, telling reporters that was "irrelevant." Lee was reportedly claimed off waivers over the weekend by the Dodgers.

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Brown transfers, Penn St. set to open training camp

The hits keep coming for Penn State football.

Nittany Lions star wide receiver Justin Brown announced yesterday that he was transferring to Oklahoma. Brown is the second offensive starter and ninth overall player to leave the school in the wake of the NCAA's crippling sanctions over the Jerry Sandusky sex-abuse scandal.

Brown caught 35 balls for 517 yards and a touchdown for Penn State last season. The university received a four-year bowl band and lost 10 scholarships per year during that span. Head coach Bill O'Brien will open his first training camp today at State College. The Lions will open the season on Sept. 1 against Ohio.

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GETTY IMAGES

▶ Starting receiver Justin Brown is leaving for Oklahoma as he becomes the ninth Penn State player to transfer.

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Soul stomp Sharks, headed to Big Easy for ArenaBowl XXV

Philly playing for second title in four years Beat up on Jacksonville 89-34 to advance Send-off today

DARRYL BULEJ/&D PHOTOGRAPHY

Derrick Ross

The Philadelphia Soul have their bags packed.

The team will leave for New Orleans today, in preparation for ArenaBowl XXV. It marks their second trip there in four years after winning the championship in 2008. The Soul defeated the Jacksonville Sharks 89-34 this past weekend at the Wells Fargo Center to punch their ticket. They'll face the Arizona Rattlers Friday night for all the marbles.

"The guys knew what was on the line [last Friday], and they played like it," said Soul coach Doug Plank. "I know we're all excited for New Orleans. This is what we've been working for all season."

Larry Brackins was the hero in the conference championship game, setting a franchise record with eight touchdowns — five through the air, two on the ground, one more on a kick return. Quarterback Dan Raudabaugh completed 15-of-21 passes for 196 yards and three scores.

The Sharks scored a touchdown on their opening drive, but didn't strike again until the closing seconds of the second quarter. The Soul defense forced five straight turnovers in the first half and the offense scored on all seven of its first-half possessions. Brackins was named National Guard MVP and Russell Athletic Offensive Player of the Game.

The Soul are returning to New Orleans, the site of their first ArenaBowl win, when they defeated San Jose 59-56. The Arena Football League shut down following that game for economic reasons before resuming play in 2010. METRO

GETTY IMAGES

Brackins was the hero of the conference championship game. He was a member of the 2008 ArenaBowl championship team.

Send off the American Conference champions

The Soul will be hosting an official send-off party today for fans wishing to cheer them on to victory.

Soul players, coaches, executives and cheerleaders will be at the Aloft Philadelphia Airport Hotel from 12:30-3:30 p.m. There will be drink and food specials at the XYZ Bar located at 4301 Island Avenue.

ArenaBowl XXV is slated for Friday (10:30 p.m.) in New Orleans. The Soul will battle Arizona. METRO

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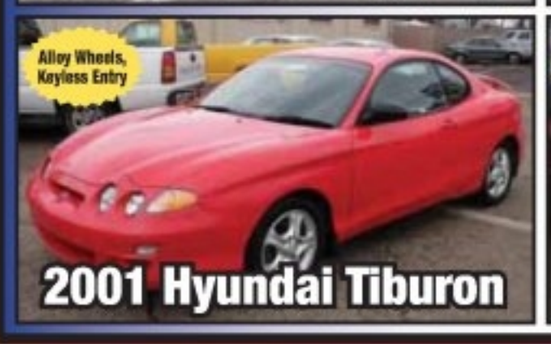

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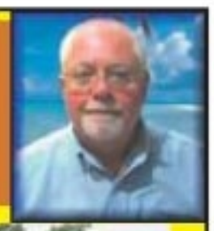

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or go to *www.clinicaltrials.gov* (NCT# 01606436).

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